



RACE BOOK

THE NORTH FACE VALLEY TO PEAK

August 31, 2019

Whistler, British Columbia, Canada

V1 | July 10, 2019



**OVERVIEW**

The 5th annual The North Face Valley to Peak trail running race is your chance to tackle the full vertical climb of Whistler mountain, while exploring some of the best single track Whistler Blackcomb has to offer. Along with the signature 22.5km course, for 2019, we will again be offering a 10km loop, a 3km loop and a 1km kids fun loop.

LOCATION

Whistler Mountain, Whistler, British Columbia

WEBSITE

www.whistlerblackcomb.com/ValleytoPeak

CONTACTS

Chief of Race | Seb Fremont | sfremont@vailresorts.com | 604-932-0718

Race Secretary | Kelvin Scott | kdscott@vailresorts.com | 604-905-2039

SCHEDULE**FRIDAY, AUGUST 30th**

10:00am – 8:00pm

The North Face Store Open

Whistler Village

5:00 – 7:00pm

Racer Registration and Bib
Package Pick-Up

The North Face Store in Whistler Village

SATURDAY, August 31st**Subject to Change**

10:00am – 8:00pm

North Face Store Open

Whistler Village

7:00am – 8:00am

Last minute registration, racer
package pick up and bag drop

Near the Start line, Skier's Plaza, Bottom of
Whistler Mountain - Yellow TNF dome tent

8:15am – 8:20am

22.5km Pre-Race Briefing

The Start Line, bottom of the Whistler
Mountain

8:15am

Village Gondola open for upload

For both racers and spectators

8:45am

Race START 22.5km race

Bottom of Whistler Mountain

9:10am

Race START 1km race

Outside the Roundhouse Lodge, Top of
Whistler Mountain

9:15am

Race START 10km race

9:20am

Race START 3km race

9:45am – 10:00am

Peak Express Open

Spectator access to summit/highest point of
race

11:00am

Awards for top 3 in each distance

At the Finish, weather permitting.

11:00am

22.5km Course cut off

The Roundhouse Lodge (approx. 10 Kms in)

2:00pm

Courses closed

3:00pm – 5:00pm

Event après (To be Confirmed)

The North Face Store, Whistler Village

8:00pm

Last ride down

Whistler Village Gondola

REGISTRATION FEES	(Early Registration Deadline is August 16, 2019)		
	3KM	10KM	22.5KM
	Early Registration - \$20	Early Registration - \$35	Early Registration - \$50
	Late Registration - \$25	Late Registration - \$45	Late Registration - \$65
CANCELTATION POLICY	Full Refund until August 24		
	Full Refund minus \$10 admin fee until Aug 26 12:01am		
	No Refunds after Aug 27 12:01am		
CATEGORIES	Participants in the 10km and 22.5km must be 17 years of age or older on race day.		
	WOMEN 13-16 (3km only)		MEN 13-16 (3km only)
	WOMEN 17 - 29		MEN 17 - 29
	WOMEN 30 - 39		MEN 30 - 39
	WOMEN 40 - 49		MEN 40 - 49
	WOMEN 50 +		MEN 50 +
WAIVERS	All competitors must complete an Event Waiver/Release of Liability in order to compete. If you are 19 years or younger, you will need for a parent or legal guardian to complete your Waiver. Minors who will be traveling unaccompanied to the event should bring the completed Waiver to the Registration/Check-In. If you cannot arrange to bring the original completed waiver, please send a scanned copy of the completed waiver to wbevents@vailresorts.com Download the Waiver here: Waiver		
LIFT TICKETS AND ACCESS FOR ATHLETES	A valid Whistler Mountain Sightseeing ticket/pass will be required to access the Whistler Village Gondola. All 10km, 3km and 1km racers are eligible for discounted tickets at \$22 each. (Vouchers available at registration). All 22.5km racers can download the Gondola free of charge after their race.		
	The Whistler Village Gondola will be open at 8:30am		

LIFT TICKETS AND ACCESS FOR SPECTATORS

All Spectators **MUST** have an “early access” tag to upload prior to 9:30am along with a valid Whistler Mountain Sightseeing ticket/pass. These will both be required to access the Whistler Village Gondola. These are available for 20% off regular sightseeing tickets. Discount vouchers and early access tags can be collected at athlete check-in.

The Whistler Village Gondola will be open at 8:30am

The Peak Chair Express will be open at 9:45am

TIMING and RACE BIBS

All runners will be timed by a chip attached to the back of their race bib. Please do not bend bib as it may damage or interfere with the timing chip. **Race Bibs MUST be attached to your FRONT and be clearly visible to the timing crew.** Each Distance is colour-coded and coincides with the trail markers.

PINK = 3km GREEN = 10km RED = 22.5km ORANGE = 1KM



The bottom 2 sections will tear off. The numbered section will be used for bag tags/bag drop and the barcode section is for a Food and Beverage discount at the Roundhouse Lodge. (only available on the 3km, 10km and 22.5km bibs)

FOOD & BEVERAGE DISCOUNT	The discount barcode on your race bib is valid for a 20% food and beverage discount at the Roundhouse Lodge. Valid only on Race Day. The discount is only for individual participant use and up to a maximum of \$25 value before discount. Discount does not include alcohol. (only available on the 3km, 10km and 22.5km bibs)	
PRIZE MONEY \$1,500 CAD total	22.5 km only Men 1st \$350 CAD Men 2nd \$250 CAD Men 3rd \$150 CAD	
FEED ZONES	There will be 3 Feed Zones: 1 – Raven’s Nest (approx. 6km mark) 2 – Roundhouse Lodge (approx. 10km mark) 3 – Burnt Stew/High Note intersection (approx. 14km mark) All Feed Zones will have Water, Clif Product, Orange slices and Watermelon pieces	
RECOVERY ZONE	The folks from Scandinave Spa will be onsite at the Finish line providing recovery massages to athletes along with some yoga mats for stretching it out. Booking is First Come, first served and massage therapy times are limited.	
APRÈS	To be Confirmed...	
UPDATES AND CHANGES	The North Face Valley to Peak is organized and staged by the Whistler Blackcomb Event Department. Race management reserves the right to add, modify, trails or the event at any time. Race Management reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, race management will do its best to contact all registered racers with any updates so that they may make the appropriate adjustments to their preparations for the race. On race day, racers must respect the direction and	

authority of the race crew and volunteers. All communication and updates will be posted in the following locations:

1. Facebook | [North Face Valley to Peak](#)
2. Website | [North Face Valley to Peak](#)
3. In Store | The North Face Store Located in Whistler Village.

4314 Main St #32, Whistler, BC V0N 1B4 (604) 938-7432

COURSE MARKING

All courses are colour-coded to match your race bib. Follow the flags that match your bib colour.

1km – ORANGE Flags and White background with red writing/arrows

3km – PINK Flags and White background with red writing/arrows

10km – GREEN Flags and White background with red writing/arrows

22.km – RED Flags and Red Background with white writing/arrows



COURSE ROUTE –**1KM**

Start: Round House Lodge

1. Down Harmony Lake Loop toward Harmony Lake
2. Turn Left onto Spearhead Loop back up towards the Roundhouse Lodge

Finish: Roundhouse Lodge

COURSE ROUTE –**3KM**

Start: Round House Lodge

1. Down Harmony Lake Loop toward Harmony Lake
2. Follow Harmony Lake Loop to the Right
3. Turn right onto Harmony Meadows
4. Follow Harmony Meadows back up to Roundhouse Lodge

Finish: Roundhouse Lodge

COURSE ROUTE –**10KM**

Start: Round House Lodge

1. Down toward Harmony Lake via Harmony Lake Loop
2. Turn Left onto High Note Trail
3. Follow High Note for approx. 6.7 km.
4. Turn right onto Half Note Trail
5. Follow Half Note to the top of the Harmony Express Chair
6. Down Pika's Traverse back to Roundhouse Lodge

Finish: Roundhouse Lodge

COURSE ROUTE –**22.5KM**

Start: Skiers Plaza.

1. Up to the mountain access road to 0.7
2. EZ Does it to the top of Fitzsimmons chairlift
3. Connector from the base of Garbanzo to Expressway
4. Expressway to Raven's Nest
5. Up Highway 86 to Pony Trail
6. Up to Bear Cub Road
7. Up Papoose to Chic Pea
8. Up Una Moss to Roundhouse Lodge
9. Down to Harmony lake
10. Up High Note trail
11. Down Matthew's traverse to top of Harmony
12. Down Pika's Traverse to Roundhouse lodge

Finish: Roundhouse lodge.

BE PREPARED

The North Face Valley to Peak is a physically challenging event, and participation presents risks. Some of the areas you will be running are more remote than others (High Note Trail). Temperatures in the Alpine on race day could get be 10 degrees cooler than in the valley. Check the latest Alpine Weather Forecast here: [Whistler Blackcomb Alpine Forecast](#). We recommend that you prepare yourself for emergencies by carrying the following.

1. Phone with emergency phone number programed **604-935-5555**
2. Personal equipment for an alpine environment in case of cold weather (toque, gloves, long sleeves)
3. Course map
4. Water and Calories

RACE RULES

- The course has a fixed time limit: The 22.5 km race starts at 8:45 am, and the course will be closed at 2:00 pm, giving participants 5:30 hours to complete the course.
- The course will have 1 cut off time/location. Participants must have made it to the Roundhouse Lodge Restaurant by 11:00am in order to continue into the Alpine.
- If a runner arrives at this checkpoint after the published cut-off time, they will have to discontinue the race.
- It is MANDATORY that runners check in at the start.
- All participants must complete an event waiver. For all minors (under 18 years of age), the waiver must be signed by their parent or legal guardian. Paper copies will be available at the registration table during package pick up.
- Race Numbers must be visible and worn on the front at all times. All runners must be checked through each checkpoint by a race official. It is the runner's responsibility to ensure that the official sees the number.
- Obey Marshals and Crossing Guards.
- If a runner makes a wrong turn, the runner must return to the course on foot to the point on the course where the error occurred and then resume the race. Please practice Trail Etiquette and Environmental Respect while participating in the North Face Valley to Peak.

- No Pacing: non---participants may not accompany registered runners (on foot or otherwise) along the course.
- **Do not litter on the course.** This will result in disqualification.
- Whistler Blackcomb is a smoke free mountain resort. There is no smoking permitted on any WB property.
- Please use bathrooms, portable toilets or use common sense, if you have to relieve yourself.
- Slow runners must yield the trail to others wishing to pass.
- If you come across an injured fellow runner, please stay with that person until the sweep or medical attention arrives.
- No short-cutting: this includes all switchbacks.
- Runners may not store supplies of any kind along the trail.
- No dogs, baby joggers, trekking poles, or other “accessories”: Your shoes, clothing, and nutrition/hydration/emergency supplies, carried on your body are all that you should bring on your run to ensure competition fairness and the safety of you and other runners.
- Headphones ARE permitted, but at volume that allows you to remain aware of your surroundings at ALL TIMES. We request that you only run with one ear bud in but if you chose to run with both in you MUST have the volume low enough so that you can hear other runners, mountain bikers, and crazy wild forest creatures at all times.
- Runners may not receive assistance outside of designated Aid Stations by anyone other than another registered active runner. This standard is enforced for fairness to all runners. Runners do not need to have a crew. You are allowed to receive assistance from a crew within aid station boundaries so long as your crew do not impede other runners or race staff.
- There will be a bag drop near the start area on race morning. These items will be brought via truck to the finish area and must be collected by 2:30pm. There is a limit of 1 personal day-pack per racer. Whistler Blackcomb does not assume any risk for lost or stolen items.

- **Dropping Out:** If you find it necessary to drop from the race, you must do so at an aid station. Notify the aid station captain and have the captain remove your bib number. If you feel you cannot get to the nearest aid station, stay on the trail and a sweep will assist you. Do not leave the course without notifying an aid station crew member.
- **Mandatory Drop Out:** Medical staff and the race director have the authority to pull a runner from the event should they deem it unsafe for the runner to continue. The runner must comply with this decision.

INFRACTIONS

Participants are expected to behave in a sportsmanlike manner. Race Management reserves the right to impose sanctions for behavior not specifically mentioned here. Official protests must be made directly to the Race Directors. In the case of unclear or contested infractions, a jury of available racers, volunteers and race marshals will be assembled to provide an opinion to the Race Directors; however the Race Directors reserve the right to make the final decision.

INFRACTIONS THAT WILL RESULT IN DISQUALIFICATION:

- Short-cutting the course
- Missing a checkpoint
- Receiving aid outside of an Aid Station from someone other than a registered runner
- Getting in a moving vehicle
- Having a pacer
- Impeding another runner
- having a dog on the course
- Disobeying the directions of Race Management and/or race volunteers

INFRACTIONS RESULTING IN DENIAL OF FUTURE ENTRY:

- Running as a bandit (either unregistered or using another registered runner's bib)
 - Disobeying rules regarding mistreatment of the environment
 - Littering
 - Mistreating Race Management, Aid Station personnel, runners or crew
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